Why your marriage is failing and what you can do about it.

MARRIAGE EXPERT

written by

Aman Varma

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myepicgrowth.com

Preface

In this e-book I intent to provide you deep insights into what makes or breaks a relationship. Now, you might ask me do I even qualify to write about relationships. And my answer to that would be – Yes, I do! But don't believe me decide for yourself after reading this book.

My childhood was a tragedy! My family got broke and separated. I grew up in emotional trauma going through depression and experiencing all kinds of negative emotions. I always had a question in the back of my mind which used to pop every now and then. This question was "why?" "Why did my family broke? What went wrong? What did my parents did not do that others did? What made their relationship suck? And why did people who had amazing relationships never saw the things from the perspective of improving it? Why someone gets along good with their partners and the others doesn't?

In short I wanted to understand what was it that makes or breaks bonding and love between partners and family. If you are someone who is struggling to build strong bonds with your partner, or have gone through a break-up/divorce and trying to find the reason for it, or want to better understand the relationships and take it next level, this guide is for you.

Being a child it made me very curious about what destroyed my family? Or how the relationships work? I wanted to find out so that I do not make the same mistake and destroy my future family as well. As the time passed by I started dwelling more in my mind, contemplating and analysing the little things that changed, that are the drivers of the relationships.

In this book, I will share with you the 3 principles that either make or break the relationship. That only thing that I ask from you is to keep your mind open, understand the ideas at a deeper level and don't fall in love with your limiting beliefs, because the way you see the world is not the only way to see this world. I will try to give you a better mindset towards relationships and a few principles that are required by everyone to feel more contented when it comes to relationships.

The 3 principles are not separate, they are inter-woven. One has equal effect on the other two, the principles synchronise and so it is very important to master all the 3 principles to form a perfect and strong triangle.

I've had several mentor throughout my life. Some came for a short duration some for long. Some came in person and some through books & media. Some gave me wisdom and some direction. I am a product of their guidance and personal effort in self study, reflection & practice of timeless wisdom. All my works are heavily influenced by mix of all that I've ever learnt, understood & practiced. I thank all my mentors who sculpted me into being who I am today. Above all, my ultimate mentor, that power behind everything, whom I can see, hear & feel, who talks to me through intuition, that intelligence, the true care taker, who's always with me, I thank him. It is all possible only because of his grace. He is the protector, provider and teacher. I'm an imperfect instrument in his hands, i just try my best to give as much as I can, because he's given me more than I could imagine.

Some mentors who heavily influenced my life (not limited to):
Osho

Other Teachers from whom I've learnt tremendously:
Alex Hormozi - business
Wallace D Wattles - success
Jim Rohn - goal setting
Jason Capital - social skills
Brendon Burchard - positive mindset
Rahul Kaushik - influences beyond human psyche
Sukumar Gaur Das - art of reading
Robert Greene -
Om Swami
Swami Sarvapriyananda

Top books which heavily infleunced me:
Ashtavakra Samhita
Bhagavad Gita
Zen Teachings of Bodhidharma
The Science of Getting Rich
$100M offers & leads
My other favourite books:
The millionaire booklet Grant Cardone
Deep Work Cal Newport
Compound Effect Darren Hardy
Atomic Habit James Clear
The richest man in babylon
Think & Grow Rich Napoleon Hill
Rich dad poor dad
Other works that influenced me
Dhammapad & other buddhist texts
Tao te Ching audio discourse by Osho
Miscellaneous hindu philosophical texts

100s of books I've read and have forgotten but still they remain in subconscious is some form. Countless people who solved some of my problems. Family who supported me which I was dependent. I give all my thanks to them.

Aman Varma

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Principle 1: Ignorance (The mind of the relationships.)

Ignorance here means **not knowing the truth and lacking wisdom**. Before we go further it is very important to understand what the truth is and what ignorance and wisdom really mean. Without knowing these 3 things you won't be able to understand this principle and get the paradigm shift that I intend give you.

What is the truth?

From ages of evolution our brains have been programmed to work according to our perception, beliefs and experiences. We see the world through these three lenses, Perception, Belief and Experiences. With our regular use of these three lenses to see this world (especially relationships because this book is all about relationships, but this truth is applied to all domains) we create and assign a meaning to the things, people, situations and objects **whereas in reality nothing has any meaning except the meaning we give to it.**

What is Ignorance?

Ignorance means not seeing the truth.

Not seeing the things as they really are or seeing the things through our mental filter which is made up of our 3 lenses - perception, belief and experience. With ignorant mind we develop **2 very toxic things, the first is attachment and the second wrong perception.**

"Your eyes see what your mind wants to see"

Hence the result of people's ignorance is suffering and problems. Because they do not see the things as they are. They are strongly attached to their beliefs, experiences and perspectives. If they assign the situation as 'good' it will look good, if they assign the situation as 'bad' it will look bad**, whereas in reality 'nothing is good or bad'. We give the meaning to things, people, situations and objects.**

What is wisdom?

Wisdom is the ability to see the true nature of things.

Wisdom is cultivated; a man is called wise when he sees the situations, things, people and objects without clinging to them, without judging them and without assigning those labels of discrimination.

Take any great king from history for instance who was known for his wisdom and justice and you will see that they were free of ignorance. They were able to see this world without ignorance or mental filters and that is why they were wise!

So what does this has to do with relationships?

To be very straight forward, people now days are very ignorant. That means that they judge people, they attach themselves to people and they see the relationships through their mental filters, which is the root cause of all the suffering or problems that people face in their relationships.

To create a strong, healthy and truly extraordinary relationship, you have to drop your ignorance. You have to drop your beliefs about a person, relationship and this world; you have to stop judging, discriminating, and categorizing and forming further belief systems about people.

If you get this right, no one can stop you from building phenomenal relationships with your partner and family.

Here is a small test, let us see if you are ignorant or not:

1. Do you differentiate between individuals?
2. Do you treat people according to their social status, personality, achievements and other qualities?
3. Do you create a sense of separateness in people by categorizing them and forming a hierarchy?
4. Do you judge people's actions, behaviours and their worth as good or bad?
5. Do you treat different people differently?
6. Do you assign certain kind of identity to people, whether good or bad?

If the answers to most of the questions above are yes, then you are ignorant. But don't feel bad about that, our brains have been conditioned that way through ages and most of the people are having this kind of mindset.

If you truly want to create a phenomenal, strong and more satisfying relationship you have to drop your ignorance and there is no other way to it. It's up to you whether to stand strong against your lenses, accept that you need to change and work hard on your mindset to reap amazing results or keeping living with your limiting beliefs.

But if you are someone who is currently, at this point in life is struggling with relationships then my friend, there is no option for you other than to drop your ignorance and adapt in new mindset towards relationships. If you can do it read further, if you cannot then trash this book right now, it is not for weak minds.

If you are still with me, congratulations! I salute you! Because there are only a few people who can change their minds when presented with information that contradicts their beliefs.

Before we go further and uncover the essentials to drop ignorance we must know the barrier that will come in your way.

The Resistance Factor:

Resistance to change – Your mind will resist to adopt the change in your way of thinking and seeing the relationships because it will be against your engraved patterns and also this new mindset of dropping your ignorance will take a lot of personal work putting you out of your comfort zone. You will also face reluctant to some of my ideas but you have to let go of resistance and release all the attachments and limiting beliefs so that you can empty your cup and change things to take your relationships to next level. You have to work on expanding your mind and making it comfortable to accept new constructive ideas; otherwise you will never be able to overcome your shortcomings in the relationships.

Now, that you have got a better understanding of the fundamentals now we can move further to the question of how to drop ignorance and attain wisdom and true knowledge.

How to drop Ignorance and attain wisdom?

To drop Ignorance and attain wisdom there is a lot of information available out there but I will try to share with you the most important ones so that you save your time from randomness and become single-minded with relationships only. Ignorance can be dropped through knowledge and better understanding of relationships, working of relationships, people involved in relationships and yourself.

Below is the small list of ideas that you need to work and master upon in order to drop ignorance and attain wisdom from a relationship point of view.

1. **Understanding the psychology of thesexes**

Do you know how the opposite sex thinks? How they analyse life? How they do what they do and why they do? Do you know what it takes to build rapport, trust and deeper connections with your partner? There are many questions which are similar to these and are very important for you to know the answers of so that you can build a relationship, save a relationship from dying or optimize your current relationship or drop your ignorance.

First of all men and women think differently. Men are high logical and analytical whereas women on the other hand are very emotional, they are driven by emotions. That is why we find more women in HR department than men because they can bond and deal with people more efficiently than a man. This is a vast topic for you to study and is a life long process. The more you learn the more you will become understanding in relationships.

Learn everything about the psychology of both the sexes to understand how human minds function in relationships.

2. **Releasing the selfish perspective**

Relationships are all about giving without expecting anything in return. If you are getting in a relationship to get love, support, nurturing and acceptance than that relationship wont last long because the other person will probably come in the relationship with the same mindset! If all the people in the relationship are about taking than who will give? And so you have to drop your selfish perspective also. You have to give more and drop all your expectations so that you can love people unconditionally. Neediness shows weakness, if you are needy in your relationship than the game is over, before you engage yourself in any kind of relationship make sure you fill your own cup i.e. self love. Without self love you won't be able to give and share but only ask and take to fill yourself up. This is a very wrong mindset towards a relationship.

When we expect anything from people or partner we make a sense of attachment to that person and when that person is unable to fulfil our expectancy we feel hurt,

disrespected or devalued. It is a straight hit to our sense of ego, we have to understand that people are not perfect, nobody can every time fulfil your expectancies and it is 100% meaningless and makes no sense to expect anything from people.

Can you expect yourself to do something for yourself and guarantee that you will fulfil it 100%, without any deficiency? Can you expect yourself to wake up every day at 4 a.m. to work out, review your plans and schedule your day ahead? Can you guarantee that you will fulfil this expectancy of yours a with a 100% accuracy? Can you expect yourself to meditate every day for at least 20 minutes for the rest of your life? You See, there is no point in expecting anything from anybody, you cannot even expect something from yourself!

A harmonious relationship builds when both the partners or all the people in the family are self-contented, have a perspective of giving and sharing, are not needy or clingy and work together to make the other person better. They are not jealous of each other's achievements, they are proud of them. They see things from other persons perspective without giving own self a higher position in hierarchy and a sense of ego, they put themselves in other persons feet and see from their intent.

The day your relationship becomes about you, satisfying your own needs of love, acceptance, understanding and compassion you are fucked! It should be not about taking, it should only be about giving, unconditionally.

So, drop your selfish perspective and make your relationship all about giving.

3. Clarity of your vision

I want you to set some standards, goals and rules for your relationships. Because these are the things that will give firmness to your relationship, they give you clarity of what your relationship should look like, they give you decision making power in tough times, they give you a sense on direction, they make your relationships more satisfying and harmonious. It's very simple, don't make relationships complicated, have a sense of integrity and live with your virtues. Don't make your relationships look vague; there should be some certainty and concreteness about your relationships. That's how you create phenomenal relationships.

You should know what your relationship is all about, what you want it to look like. You must have relationship goals to keep strengthening it and making it more delightful.

In a nutshell:

That's the first principle.

1. Drop your ignorance by getting more knowledgeable and better understanding about the essence of the relationships, the people involved in the relationships and yourself.
2. Develop wisdom or true understanding of things, situations, people and objects. See the people as they are by removing the mental filters and dropping the labels, hierarchy, category, discrimination, taxonomy, meaning, judgments, valuations, usefulness, separations, boundaries or purpose because in reality nothing holds any meaning or identity except the meaning we give to it.
3. Develop a being cognition i.e. non-judgmental mindset because our mind create everything based upon our past experiences, belief system and perspective.
4. Let go of the resistance at the level of thoughts and all your limiting beliefs to adopt new mindset towards relationships and generate new and better results.
5. Expand your mind, don't be small minded.
6. Learn about the psychology of the sexes so you get a better understanding of people's thinking behaviours through with you can build rapport, trust and deeper understanding.
7. Make your relationships all about giving without expecting anything in return. Commit yourself for constant personal growth and self love to fill your own cup so that you are not needy and are able to love unconditionally.
8. Have clear ideas of what you relationship is all about? Contemplate and study your partner, people and relationship.

How does this apply in my situation (my story)?

My parents broke up because they didn't even have a clue about what relationships are. Their mindset and perspective towards the relationship was very vague, weak and shallow. They did not have mutual understanding and a sense of intimacy within themselves. They never had any goals and never tried to understand each other at a deeper level. The biggest of all they were both "Takers" and "not givers" their relationship was selfish due to wish they could not give and love each other unconditionally.

Also there are a few more important points that I would like to make but they belong to the 2nd and the 3rd principles, so hold on!

Principle 2: Chemistry (The soul of the relationships)

Now that you are done with getting a right mindset towards your relationships let us work on the soul of your relationship. If you get these things right, you are going to develop a kick ass character and a sense of self grounded-ness which will make your partner or people fall in love with you again and again.

The soul is the source where the energy, love, passion, confidence and greatness generate. You have to nurture your chemistry to produce extra love, happiness and aura that you can share with people.

Below are the most basic and essentials requirements of your chemistry.

1. Charisma

Have you ever felt that odd feeling about someone that made you wonder and say to yourself "there is something about him/her, something that cannot be explained?"

Some people don't have to do anything to charm anybody, they are just being their authentic self and people get drawn to them. You feel a mystical connection to them, you are now probably thinking about them, now you are smiling! They make you feel good about yourself, they are mystical, and there is something about them!!!

You see, that "Something" is charisma. This is not something you are born with; you have to work upon it to develop it.

Why do you need to develop charisma?

Did you feel good and a weird feeling of warmth when you thought about the person who had "something" in him? That's it! We are naturally attracted to people who make us feel good about ourselves, and so we want to spend more time with them. If you are not making your partner feel good about him/her self then this relationship is miserable. Your partner, friend or family member should feel proud of you; they should feel good when they are with you. Charisma is what keeps the bond strong, and people close to each other.

You might have noticed that you talk differently to people based upon how they make you feel. If someone makes you feel miserable about yourself, you won't want to be with that person and so is the opposite true.

I have done a lot of experiment on this, I treated someone good and I got it back, I made someone feel miserable and I was ignored. Nothing is theoretical in this book. Everything is based on my personal practical experiences.

So you have to develop charisma and keep taking it to next level so that your partner wants to stay in the relationship with you.

2. Grounded-ness

You have to grow from inside in all the areas of your life. If you are 25 but still an immature kid inside, this won't be a good part of yours to sustain the relationship.

You have to become mature and decisive. Take responsibility of yourself, be independent for financial and emotional needs, if you depend upon someone else at this age something is wrong with you. Take charge of your life and command this world for what you want. If you are always procrastinating, being stubborn, having no vision for your life, this is pathetic. There cannot be a strong relationship between a grown up and a half grown up.

Make yourself independent in every area of your life (Emotional, Spiritual, Financial, Social, Career, etc) this is what we learned in the last chapter, that we need to fill our own cup, in order to be non-clingy, a giver and a person of integrity.

Master yourself in all the areas so that you stand like a strong pole in the storms of tragedies, difficult times and emotional traumas. If you are a man this is the must have quality, women are emotional they may or may not be able to face the world in tough times but you being a man you have to be a strong pole for they to hold on to in the difficult times.

If you don't have this quality, I doubt if you would ever have a sustaining relationship. If you are a worth loser, this is a high time for you to change and take charge of your life.

3. Attraction

Attraction is the pre-requisite of love. Attraction is what keeps the love alive. Attraction is what initiates the feeling of staying together, the feelings of bonding and living the rest of the life together. Attraction is important, and you should be physically attracted to someone you're in a relationship with.

Let me be clear, I'm not saying that a lack of physical attraction will necessarily mean the demise of a marriage. Many people live together without physical attraction and/or little to no sexual relations. Other things outweigh physical attraction to these people such as companionship and security. Some find their mates interesting and stimulating.

This one's so basic; I shouldn't even have to say it…ANY relationship that loses its sense of fun is doomed. Not only is sharing "fun" times a powerful bonding force, it's the actual "dance" itself, the goal that we're all looking and living for. It's all about being creative

together, laughing together, brainstorming and experiencing the next event that will become a shared memory together.

4. **Self Confidence + Self worth**

Confidence is the core strength of any human. You should be confident in your skin, you should be confident in your work, you should be confident in yourself as a whole and everything that your produce, from your thoughts to your actions. If you don't have confidence in yourself then your relationship will destroy sooner or later, that's a guarantee! But even if it does survive it will be highly dysfunctional. What is the use of living in a relationship that lacks authenticity, intimacy and a strong bond?

There is a lot of information available outside on "confidence" so I won't fill in the details over here.

With confidence comes self worth, they go hand in hand! If you do not respect yourself to avoid dysfunctional relationship or work on it to improve it than something is wrong with you! Relationships cannot work on weak foundations.

5. **Rapport**

Rapport is a relationship of mutual understanding and trust.Rapport is a state of harmonious understanding with another individual or group that enables greater and easier communication. In other words rapport is getting on well with another person, or group of people, by having things in common; this makes the communication process easier and usually more effective. Even you know that you need to have a certain degree of rapport with your partner or a family member, but do you take extra efforts and allocate time only to build rapport?

My mom and dad never took time to talk to each other, they never tried to understand each other, they never saw the relationships through each other's perspective and they never made an effort to truly understand the needs of each other!

Yes, I agree you have a rapport with your partner or kids or any other human being and that is why you are still in a running relationship. But the question over here is not about you having a rapport or not but about to what degree and quality of rapport do you practise?

Again, there is a lot of information available outside on "rapport building" so I won't fill in the details over here, if you want to optimize your rapport, research a little bit on it.

Principle 3: Foundations (The Body of relationships)

Okay, I know that throughout this book I have given you just the glimpse of everything I want to tell you, everything is very short but here is the reason behind it.

I have seen a lot of people who do not invest their time in reading books or studying about relationships. They do not want to understand the psychology of the relationships. They do not want to read a 300 pages book! And so I have tried to give you the most important a fundamental pieces of information in a very short format so that you can gain maximum wisdom in less time and with minimum efforts. If you think that you need more details on any of the topic you can do further study on that.

My focus here is to give you a structure and a quick overview of the important elements of a good and sustained relationship.

Alright, so let's crack into this one! The Body! The foundations of the relationships!

Having strong foundations is what makes the difference! The tallest building has the deepest foundations. Similarly, the highest quality of relationship has the deepest foundations of knowledge, study and understanding of relationships.

Below, are the 4 major pillars of the foundation which build a stronger relationship:

1. **Attitude**

Relationships never die a nature death; they are murdered by Ego, Attitude and ignorance.

Attitude is the game changer, it is capable of empowering your relationship and also killing your relationship. Having an "attitude of gratitude" does not come naturally to some people, especially in marriages. If you have been hurt in the past or lack confidence in yourself or your partner, this can lead to a bad attitude. Although your feelings may be legitimate, this type of attitude can negatively affect your relationships, including your behaviour toward your partner. Yourattitude affects your behaviour in many ways. If you have a negative attitude -- for example, if you are cynical about relationships, then you will behave accordingly. For instance, your cynical attitude might lead you to make snide remarks toward your partner or make comments indicating that you do not trust him. Likewise, if you have a negative attitude, this might lead you to be impatient with your partner or lose your temper during minor disagreements. Attitude is not a fixed trait. In other words, you can make a conscious effort to change a bad attitude into a positive one.

One simple way to do this is to look at your "automatic thoughts" -- that is, those ideas that pop into your head without conscious effort, For example, if you tell yourself "my

husband is going to cheat on me," take note every time you think this and replace it with a more positive thought, such as "my husband has been nothing but trustworthy and honest."

2. Habits

My God, If I had to choose one idea from this complete book, it would be this! Habits, you do not even have a clue what your habits do to your relationship and what impact does it have on your life.

If you have negative habits like, doing drugs, drinking, gossiping and talking trash to people, demoralising yourself and others, spending money like shit, blaming, shallow mindedness, to name a few. Than let me tell you, you are going to mess up the whole relationship.

Below is a list of bad habits of relationships that I found on internet, I think this will be helpful for me to explain to you what I am trying to say. (I thank the contributors)

- Taking other person for granted.
- Trying to improve him/her instead of yourself
- Finding faults in the other person
- Fighting in Public
- The worst, being abusive
- Not talking it out
- Wrong timings for discussion
- Narrow perspective and shallow mindset
- Being melodramatic
- Spying
- Allowing jealousy to take over
- Not letting go of what has happened
- Not being honest with yourself
- Lacking self confidence
- Testing your partner
- being a emotional salve
- Plating blame games
- Unrealistic and overwhelming expectations
- You get irritated easily
- Not being aware of your bad habits
- You do not appreciate
- For Them, You Do Not Do Much Effort For Their Happiness

- Criticizing close friends and family.
- Prolonging an argument
- Holding grudges
- Avoiding important conversations.
- Keeping score of your partner's mistakes
- Comparing your partner to someone else
- Blowing things out of proportion.

3. Emotional Mastery

If you are a emotional slave, if you get emotionally triggered easily then you will be a puppet of circumstance and people. They will trigger you to hate, love, have fun, go into depression and make you experience all sorts of emotions without your willingness. If you cannot chose how to feel and react in a particular situation than this world is a hell for you!

If your emotional remote is in someone or something else's hands then you will suffer. Because things are not in our control, people are not in our control, they will change and they will do something that will hurt us, if you cannot master your emotions then your game is over.

If you dump your business stress and tension on your partner or even kids, than your life is a misery. Relationships are very sensitive and highly emotional. The best thing you can develop in yourself is emotional mastery; it will help you not only in relationships but every aspect of your life.

Emotions are the energy in motion, if you are able to master it, believe me you can master anything!

Stairway to Emotional Mastery by Steven Aitchison

Step 1 – Recognize

The first step is to recognise your emotion, this might seem ambiguous but basically what I'm talking about here if you feel angry at something, say you're in the car and someone cuts in front of you and you start to shout some choice expletives, recognise that you feel anger or at least that the act of someone cutting in front of you has caused you to feel an emotion of some kind.

Step 2 – Name your emotion

The second step is to name your emotion. That's what we are speaking about in the previous example, if someone has cut in front of you, name that particular emotion as anger, label it if you can, as soon as it arises and you can begin to analyse it.

Step 3 – Accept responsibility

The third step is to accept responsibility for that emotion. That might be one of the hardest steps you attempt, because you may deflect i.e. 'well the guy 'cut in front of me, it's his fault' but it's you who has chosen to feel that particular emotion; anger.

You are allowing others to control you, they are taking your power away from you and actually controlling you. What you are really saying when you are blaming the other person is that they have got the power to make you feel a certain way. So take responsibility for all your emotions and be accountable for your emotions. When you do this your emotions will begin to change because you are taking responsibility for them.

Step 4 – Find another meaning

The fourth step to emotional mastery is find another possible meaning.

I'll give you an example here, if you have children you will realise what I'm talking about here.

When you tell your child to do something, maybe three or four times and they still don't do it you might get angry and perhaps start shouting at them and start to feel really angry. In the past I'd get up and start shouting to get them to listen to me, feeling frustrated etc but when I asked myself why I'm really feeling angry, and questioned if indeed it was anger or another emotion. When I looked at it deep down I'm feeling disrespected, that was the emotion not the anger that's coming to the front. The feeling of being disrespected is manifested as anger.

You might find another emotion that's really coming up when you feel the emotion of anger it may be another emotion deep down, once you identify it you can look at it and then you can rename it and work on it if appropriate.

Step 5 – Accepting your emotions

Step five to emotional mastery is accepting your emotions. Whatever you feel in life it's never wrong, if you feel a particular emotion, it may be wrong to take action on the particular emotion but your feelings are purposeful.

The emotion is a message from you mind to your body, or spirit, telling you to pay attention to something. So from that emotions are never wrong but the action maybe wrong. If you are feeling angry about something that's a message just to say listen I have to look at this and you can then explore why you are feeling angry. You have to look at the way you are going about things because anger is the response to previous past experiences which can then be examined and changed if need be.

Step 6 – Does the emotion teach you

The sixth step is asking yourself does the emotion teach you something. Now again an example may be if you were walking down an empty street and you feel a bit nervous or uneasy and you start to feel fearful. You have to ask is the emotion teaching you to feel fearful or is it teaching you to be more aware of your surroundings or is the emotion teaching you to say 'I'm ok we're in a well light area there are a lot of people round about, there are shops, CCTV cameras, there's a police car over there' its teaching you to be more aware of that particular moment in time as well. So look at what your emotions can be teaching you, it might be another message but to teach you something about yourself and about the world round about you.

Step 7 – Change your emotion

The seventh and last step is to change your emotion, if you have an emotion that is working against you, say for example you are going into exams and you are becoming really anxious and nervous and this is preventing you from concentrating on the exam and this is perpetuating your anxiety, even though you have studied for that last 4 or 5 weeks. To change you emotion you are going to get into a different state of mind. The idea is that you have to remember an event from the past i.e. taking an exam in the past which you have been able to achieve a pass. So you remember how you felt when you came out of that exam, the feelings may have been; relief, confidence etc. So the plan is to get into a different state by thinking about a positive similar experience.

So for example when speaking about exams you return to when you passed an exam in the past. How did you feel and get into that state of mind, you are changing you emotion from one of anxiety to one of calmness before you go into the examination area.

So changing your state can actually change your emotion. So you are walking into the event armed with the past experience which has resulted in you being more rational and calmer about what you are about to go through. Ultimately you have elicited the state of calmness.

Conclusion

We can all learn to master our emotions and the steps above will put you well on your way to doing this. Learning to listen to yourself and questioning yourself is not an easy task to do as it takes discipline and control.

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